

## **Not ripe yet: The pent-up irritation of this stage of the human expression and the urge to “do”.**

As we are all too well-aware, the human condition isn't pleasant. If it were an item in a supermarket it would have a government health warning on it. The problem is that it's part of the current state of humanity, few the humans in the world are really devoid of the tensions and contractions of the “self” and even fewer of them, once they are within that resonance or whirlpool, ever spontaneously break open into the infant clarity that lies beneath the tormented mind-state.

U.G Krishnamurti is an example of a situation where nature simply busts open “self” and the body continues living, but this is a very rare event. U.G points out that it is totally a-causal and as such nothing he did in his life, no person he spoken to nor any practice he did during his lifetime could be the “key” singular event or “this one thing” that brought about death of “self”. For an unknown and unknowable reason U.G. points out, the “self” broke-open, something akin to a lightning strike, seemingly he suggests, at the whim of the universe. U.G's main and most important contribution was to point out not to bother with all the attempts to find or achieve or struggle with our processes of getting close to an “enlightened” state, as this search itself is simply the very warped nature of “self” attempting to destroy itself, something it could never do. One can't resolve the problems of what “self” has formed via “self”, to paraphrase Einstein's often-quoted remark.

So what needs to happen before people spontaneously open into a kind of clarity? This is the big question. If no-one outside of me can help me, nor can “I” help “myself” (notice the duality here), then the only other possibility would be for the whole of nature which “I” am part of to suddenly allow for this kind of change to occur. In a way one might consider it like either a death or a re-birth... one can see it like the breaking open of a seed of energy into a plant or a flower opening, or it can be considered the death or dying away of the “self” after being in a contracted state. Either way something goes from a contraction to state of opening. Something is shed and something else expands from being held back for so long. No matter what the ideology, what is definitely true is that for seeds to open, for fruit to fall off a tree or for there to be a flowering or whatever, the natural conditions have to be right.

This is currently the problem the human has been suffering for many thousands of years, which is like the blink of an eye in universal terms (please see this brilliant animation by “Blu” of the history of life on earth: [http://www.youtube.com/watch?v=sMoKcsN8wM8&feature=player\\_embedded](http://www.youtube.com/watch?v=sMoKcsN8wM8&feature=player_embedded)) . We have for a long time, in human terms, been stuck in a contraction of “self”, a warping of the heat that rises up the human body to the head and blocks around the neo-cortex of the brain where it is believed and is most likely that the short-circuit of “self” occurs. I say “warping” but this is not about making it “bad”, actually this is a very natural process, a situation of metamorphosis similar to that of the structure of the earth when one rock under heat and pressure transforms into another rock form. The longer this goes on the more and more energy is held in the background of the body of the human energy field. This is like a dam blocking the flow of energy, it builds up and builds up and right at this moment in history, potentially on the verge again of nuclear war, it seems this is as far as the human can go into contraction before the possibility that humans kills themselves. It actually seems in many ways to be the

most hellish place that humans have yet come to and the suffering is potentially at its most intense ever in world history. But what does this all mean energetically? How can we stop judging this as right or wrong and start seeing the bigger picture of what is going on?

If we go back to the analogy of the seeds, fruit or flowers or even the pupation stage of a butterfly, in all these cases there is a pregnancy, a pre-birth stage. Just before the birth of a child the mother's body becomes hot and stormy, there is something about to occur, and while the process of labour doesn't need to be painful and in fact isn't in nature, it involves a tremendous energy release. Humanity or human energy of "self" as a whole is at the end of the last trimester of its pregnancy, the next stage requires the right conditions to occur and then there is birth or flowering or breaking open into seed or fruiting, it depends how you look at it. According to the Mayan and many other calendars it is now at the end of the 4<sup>th</sup> age of humans that the fundamental change occurs. What this change is, is hard to tell, many have suggested it means the "end" of something and therefore the birth of something else, but it is hard to describe what this is.

In U.G Krishnamurti's description of the process he called "the calamity", in which over several days and months his whole body broke open out of the structure of "self", he points out how physically painful and awful the experience was. Of course this is only one expression of it but many people seem to have gone through great difficulty and struggle before this opening process occurs. It would seem very similar to labour and birthing, but while it happens very often and when the woman is relaxed can be an easy transition, the breaking open of "self" almost never happens in humans.

Many seekers of this try to follow what they see as being a breaking down of the "ego", using very aggressive methods of asceticism in order to "break-free", but none of the people to whom this has actually occurred had any choice or decision in the process, it simply just happened. The interesting thing is that it seems so difficult for this to occur and the reason for this is that for most of us it's just not the right time. This is an awful fact but for most of the humans alive today it isn't going to be the right moment for the energy of the whole universe to be at the point where this liberation occurs spontaneously, however much all the gurus out there may coerce you to strive for it. Of course the nature of "self" always dies just before physical death so there is always a point of release but within life this is still a very rare occurrence and that means, just like a tree which has so much fruit but only 2 or 3 out of the thousands of fruits are ready to drop, so it's the same for humans.

The nature of the fire of irritation and the energy of the dam of energy backed-up is enormous but it still doesn't mean that it's ready yet. It may be several generations ahead of this one where the universe is expanded or even condensed enough to exactly the correct degree that will allow for the easy and spontaneous birth/change of the human like this. ***It really and truly is out of our hands.***

The process of attempting to "do" something about it can occur in many ways, some will drive head-long into the struggle and become part of it, desperately trying to battle with other egos in the world of capitalist individualism where the biggest and toughest ego wins. Other types will try to "fix" the problem through meditation and

healthy eating and focusing on the breath, but in both cases it's still a focus on trying to find something and to fix something, very often there is little difference between financial capitalism and spiritual capitalism.

The nature of the energy of this irritated state of the "Self" we are all experiencing is something that is naturally ordered, even though it *seems* like it is a total aberration of nature and it *appears* to us as "warped" and unstable, *this very energy is the propulsion fuel into natural reality*. We are all struggling, everyone in their different ways, but this whole thing is a blameless process, no-one is in control of this, also no-one can "fix" it or make it whole as it was never broken. We can't psychologically mutate out of this, it is a physiological change and so this isn't in our hands, we can't add a chemical drug and the whole thing will break down. It is only when nature "ordains" the situation that it naturally unravels. The "self" can just tinker with medicine and ideas of how to "fix" things but in the end nature provides the cure:

*"The art of medicine consists in amusing the patient while nature effects the cure"*  
- Voltaire

We can look at a lemon tree and try to will the fruit to fall off the tree, we can sit there for hours in meditation, or we can shake the tree till kingdom come, but the fruit won't naturally ripen and release until it's ready to do so. We can't create anything that will "fix" this because it will always be coming from the very source of the problem "self", we have no way of being able to find a way out of it until nature is at the right place and time.

Let's say the universe is expanding and then condensing all the time in cycles like a pair of giant lungs. Perhaps it is that the formation of the human on earth occurred during an "out breath" where the lungs are most condensed. It is only when the lungs are in full expansion that the human reaches its full peak and the expression of its energy is opened outwards...it's just not time yet... or not for most of us. There will of course be a few who experience the almost-ripe state where there will be a turning off of "me" and then it comes on again, what some people call "awakening" or satori. But in order for the constant natural state to occur the nature of all the atomic structures of the universe may need to be more open, perhaps slightly more expanded than they are at present.

This expansion is the opening out of yang energy in the universe to its full potential before it moves into condensing again. It may be that the 5<sup>th</sup> age is about this expanded phase that allows for the chain reaction of an opening of the energy of the human being. One thing is for sure, that no matter what it is we do or do not do, no single thing is of any help whatsoever, it is the whole of it altogether, more than the sum of its parts. There is no messiah who comes to save humanity but the ideology of a messianic age where there is a change in the atomic structure of the universe which allows for more "easy birthing" of the human expression from the feeling of "separateness" may well be true.

What we see in the world today and which many of the articles on this site reflect, is that people are beginning to realize that there is no blame, nor anything to do that isn't being done. There isn't a goal in sight that can be reached, it is beyond our process to attempt to get somewhere that is not within our control to reach. Though there is a

powerful and inevitable urge to “do”, this doing is really all part of the irritated and held back energy that is waiting to explode open. All of what we have done in forming our civilizations and throughout the whole of human history may one day be seen as an energetic “twiddling of thumbs” or “displacement activity” while nature was taking its course. This is the “cosmic joke”. All there is left is for us to simply follow what we feel, it doesn’t matter whether our ideologies are “right” or “wrong” as all of it is within and part of an energetic field that knows what it is doing with the individual’s involvement. Something is happening automatically that we are all part of and yet have no idea of, in a similar way to the notions of God of the Old Testament, that the ways of life are Unknowable.

Just as a seed breaks out of its seed-case and a butterfly from the pupa, so the human eventually breaks out of the struggle of “self” and instead of idealism and altruism everything that is about the “self” breaks down. But it is not replaced by anything at all, instead all there are, are the senses, the natural instinct of life. The seed cracks down the line of least resistance and this is also how the human being changes and how we “break-open”. Our natural senses are stronger than we account for, we believe the human mind/ “self” is what we are all about. But given situations when the extremes of our instincts are revealed we are simply natural animals having a “human hallucination”, rather than the ridiculous new-age quote of “a spiritual being having a human experience” which is nonsense, there is nothing spiritual, and equally nothing non-spiritual.

The least resistance are the situations where we let-go for the briefest of moments in life and simply sense the world around us, unfettered by the restrictions of ideology. In this way we follow our senses, not doing what “I want” but what is propelling through “me”, we act like magnets, repelled and attracted to other, energetics in a sea with which we are all at one. There is no “how” for those brief moments, and when we have an outburst of frustration and break free of constraints holding us, or we have a total giving-up on ideals and expectations that we once held so dear, all of these are the breaking open of the realization that the human being is ever so deeply simple and it is “self” that has made it so complex. What is really real to you? This is the only question we might ask, or, what is it senses, that it is beyond the language? Surely this is our origin, the ever-present infant within the cage of the adult scrutiny of “me”. We break open along the lines of least resistance of the seed-case of “self”, our natural innate senses, or that which “I” has no control over.

Once again irritatingly I am not looking to suggest anything, this is just a possible description of what we are going through. But this makes several key points: one is that there is no blame in the nature of the origin of “self” and so in its ending there can also be nothing we can actually “do” about it. This is not a fatalism but simply a situation of realizing there is nothing specific to do. Also it points out that humans are not at all as powerful as we like to think. To geologists the earth is about to enter an ice-age which is a far cry from the blip of global warming that humans have created in the last 300 years or so since the industrial revolution. We may have affected the earth acutely but this is absolutely nothing in relation to the geological time, and geological time is nothing in relation to universal time. Humans have been around since they left the forest for about 2 or 3 seconds in comparison to the 24 hours of geological time that the earth has been around. There is no respect for this kind of

ideology in the realm of the now political spinner of “green revolution”, nor does the die-hard environmentalist consider this.

The point is here that the human is helpless in the universe and the belief in his or her power is really something erroneous and simply part and parcel of the energy of contracted “me” being stuck in the body, as yet not opened out through the “messianic” expression. According to some, this process or domino effect has already started and has been going on, though in very few numbers, since before the time of Buddha. These are now gradually becoming larger and larger, but it is not yet a significant enough proportion of the world for there to truly be at least one person you know to whom this kind of thing has happened. This is not yet where the human is, we are still hugely stuck and that's simply what it is.

Much of the dis-ease associated to “self” which is really almost all of it, is all related to this contraction of energy that has not yet shifted. The whole of the body of humanity is one thing, we have no choice about who gets the dis-eases or who can survive and who doesn't, medicine is struggling and will eventually collapse under a sheer epidemic of patients before nature opens this up. But as with most things in nature there is a pure and brilliant clarity within this process. It is not something the individual human can see or sense but there is a broader experience of this process. While I am not advocating “waiting for god'o” or praying or practising or doing anything, waiting being a definite “doing”, what I am saying is that none of this can be helped. We can't help moving with this irritated energy inside of us that will express in very chaotic/ “mad” ways of trying to release this tension until it finally it shifts of nature's own volition. The irritation is necessary, it's the energy of the revolution.

The message that “there is nothing you can do” can be taken two ways: one is that it is a depression of the deepest kind, the other is that the weight is taken from your shoulders which is not something that you can do so you don't need to worry about it, it is in “God's” hands so to speak. Whatever tradition or superstition or addiction that is your crutch, you are bound to find a several billion others doing the same thing, this is the way of nature reaching its climax before change, it is not for us to fix, it is really in hand.

David Nassim

1/4/2013